

Linda Clair
Five-day Meditation Retreat
Kallara Conference Centre, Australia – June 2019
Transcription from Audio Recordings

File 3a – Monday morning guided meditation

Linda: So it's always difficult, maybe questioning why you're here, what's going on. So we've got three more full days of sitting. So use every moment you can just to be in your body. And it will be tiring at times – you will feel very tired. So if you can, have a nap in the afternoon. Don't feel you're being weak if you need to have a nap.

So take your attention to the top of your head, feel the sensation on the top of your head. Feel the breath going through your nostrils, feel your tongue touching your palate, your jaw, your chin. Keep breathing into the belly. Feel your shoulders, your left arm, your right arm. Feel your chest. Feel the movement of your chest as your body is breathing.

So this isn't about controlling anything, it's about allowing the body's intelligence to gradually, gradually take over. And your body has brought you here, not your mind. Feel the breath in the abdomen, the rise and the fall of your abdomen with the breath as your body is breathing. Feel your thighs, your knees, your feet, your spine from the top of the spine down the back to the bottom of the spine. Feel your whole body.

So keep it simple, keep it as body-based as possible. Each time you realise you've been distracted by a thought, by thinking, simply bring the attention back to the body – primarily the abdomen but without focusing on the abdomen. Be as stable as you can be.